



# Metro Nashville Planning Digest

A weekly selection of issues and activities relevant to local planning in Nashville and Davidson County, Tennessee



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## **Surely you're not stressed out at work...**

But if you are... [commuting by bike could help](#).

## **Ahead of Memphis, but not by much**

An annual fitness ranking of the USA's 50 largest cities [puts Nashville near the bottom](#) - and it measures more than just healthy lifestyles.

## **Making streets safer for children**

One urban development expert says [walkability has a lot to do with it](#).

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